

Difficulty Walking and Falls

Review with PCP

- 100. Review and confirm diagnoses and potential contributing causes of osteoporosis and fracture risk: immobility, hypogonadotropic hypogonadism, growth hormone deficiency, Turner's syndrome, post-menopausal, restrictive dietary intake.
- 101. Review and confirm medications which contribute to osteoporosis: thyroid medications, corticosteroids, antipsychotics and antiepileptics. Consider calcium and vitamin D supplementation in those with risks.
- 102. Review presence of absence of a minimum exposure to sunlight of a few hours per week. Those without sun exposure need Vitamin D supplementation.
- 103. Evaluate and treat for potential causes of difficulty walking and/or falls (detailed history and cardiovascular, neurologic, and musculoskeletal exam).
- 104. Further evaluate cardiopulmonary status due to patient complaint of DOE.
- 109. Other: _____.

- 120. Consider discontinuing the following medication that can contribute to difficulty walking and/or falls: sedatives/hypnotics.
- 121. Optimize pain management to allow for ambulation and exercises.
- 122. Consider treatment and/or prevention for osteoporosis in those with risk.
- 139. Other: _____.

- 140. Consider gait analysis by physical therapy, if history of falls, stumbles or gait difficulties.
- 141. Consider Podiatry Consult for foot problems.
- 149. Other: _____.

Routine Team Interventions

- 200. Monitor orthostatic vital signs.
- 209. Other: _____.
- 220. Recommend no alcohol or unassisted ambulation while on sedating medications.
- 221. Recommend exercise program for balance, strengthening and endurance.
- 222. Recommend regular walking program, with supervision as needed.
- 223. Recommend changing footwear in individuals with balance and gait difficulties to a type that is supportive with a low heel.
- 224. Assist patient in obtaining assistive devices as recommended by gait analysis.
- 225. Other: _____.

- 240. Provide education and materials on falls and falls prevention.
- 241. Provide patient education materials on exercise.
- 242. Provide patient education materials on foot care.
- 243. Provide home safety checklist.
- 244. Provide education and information on weight loss strategies including healthy diet and exercise.
- 249. Other: _____.

H Mogul. Preventing fractures among people with developmental disabilities.
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Lohiya GS. Crinella FM. Tan-Figueroa L. Caires S. Lohiya S. Fracture epidemiology and control in a developmental center. Western Journal of Medicine. 170(4):203-9, 1999 Apr